

A Virtual Jump Rope

Abstract

An exercise device for simulating jump roping and for providing a total body workout that is held and rotated in use, comprised of two units; each unit to be held in a hand of a user. The units each comprised of: (1) a handle, (2) an elongated first element attached to the handle, and (3) the elongated element has at least a first loop. The units preferably include a loop forming device for forming a loop from a portion of the elongated first element. The loop forming device can be located inside or outside the handle. The units can include additional elongated elements or loops. In other preferred embodiments, the exercise units are comprised of: a handle, and an elongated first element attached to the handle, and the elongated element providing weight and air resistance during the rotation of the elongated first element. The invention's easy-to-use jump rope simulator units provide a realistic feel of jumping rope, can be used for many different exercise movements, and are designed with a soft, short cord loop to protect the user from harm from the cord striking the user.